



## VAULT

| <u>Common Vaults</u>               | <u>Start Value</u> |
|------------------------------------|--------------------|
| Front handspring.....              | 8.5                |
| Front handspring → Front tuck..... | 10.0               |
| Tsukahara OR RO FF → Tuck.....     | 9.6                |
| Tsukahara OR RO FF → Pike.....     | 9.7                |
| Tsukahara OR RO FF → Layout.....   | 10.0               |
| ½ → 1/1 OR ¼ → 1 ½ .....           | 8.9                |

[USAG Vaults Values \(and other vaults\)](#)

## UNEVEN BARS

**Special Requirements (0.5 each):**

1. Minimum TWO bar changes
2. Minimum ONE B flight
3. Second DIFFERENT flight, minimum C OR Minimum B element with LA turn (excluding mount and dismount)
4. Salto Dismount, Minimum of “B”

**Value Part Requirements:**

1. 3 A’s -0.1 for each missing A
2. 4 B’s -0.3 for each missing B
3. 1 C -0.5 for missing C

[USAG Cheat Sheet](#)

**Composition:**

Dismount up to competitive level

1. -0.1 “B” or less difficult element connected to “B” Salto Dismount
2. -0.0 “C” or more difficult element connected to a “B” Salto Dismount
3. -0.0 Any “C” or more difficult dismount

[USAG Composition Table](#)

**Bonus**

1. +0.1 “C”+”C” - No turn/flight (must be different elements)
2. +0.2 “C”+”C” - Turn/flight in both skills
3. +0.1 “D” element
4. +0.1 “E” element
5. *Extra +0.1 if 0.6 bonus and E element*



## BALANCE BEAM

**Special Requirements (0.5 each):**

1. Acro Series – min. of 2 elements w/ Flight (Excludes mnt/dmt)
2. One (1) Leap/Jump requiring 180° Cross or Side Split
3. Min. of 360° Group 3 Turn on One (1) Foot
4. Min. B Salto/Aerial Dmt

**Value Part Requirements:**

1. 3 A's -0.1 for each missing A
2. 4 B's -0.3 for each missing B
3. 1 C -0.5 for missing C

**Length Requirements:**

1. -2.0 IF less than 30 seconds
2. -0.1 IF over 1 minute 30 seconds

[USAG Cheat Sheet](#)

**Composition:**

Dismount up to competitive level

1. -0.1 Isolated "B" or and "A" Dismount
2. -0.05 "A" Acro OR "B" dance directly connected to "B" Dismount
3. -0.0 Minimum "B" Acro OR "C" dance directly connected to "B" Dismount
4. -0.0 Any "C" Dismount

Dance elements up to competitive level

1. -0.2 1 "B"
2. -0.15 2 "B's"
3. -0.1 1 "C"
4. -0.05 1 "C" and 1 "B"
5. -0.0 Minimum of 2 "C's" OR 1 "C" & 1 "D/E"

Acro elements up to competitive level

1. -0.2 Acro Series w/ 1 or 2 "B" Flight AND No other "B" or higher Acro
2. -0.2 No Acro Series and No other "B" or higher Acro
3. -0.15 Acro Series w/ 1 or 2 "B" Flight AND 1 "C" Salto or Aerial
4. -0.1 Acro Series w/ 2 Flight, one a "C" AND 1 or more "B" Acro Flight
5. -0.05 Acro Series w/ 2 Flight, one a "C" AND 1 additional "C" Acro Flight with hand support
6. -0.0 Acro Series w/ 2 Flight, one a "C" AND 1 additional "C" Salto or Aerial
7. -0.0 Acro Series w/ 2 Flight, one a "C" AND 1 additional "D/E" Flight with hand support
8. \*If acro series includes salto/aerial, additional acro can be "C" with hand support

[USAG Composition Table](#)

**Bonus**

- |        |      |                        |
|--------|------|------------------------|
| Dance: | +0.1 | "A" Turn + "C" Turn    |
|        | +0.1 | "A" + "D" OR "B" + "C" |
|        | +0.2 | "B" + "D" OR "C" + "C" |
| Acro:  | +0.1 | "B" + "C" (Salto)      |
|        | +0.1 | "B" + "D" OR "C" + "C" |

*Extra +0.1 if 0.6 bonus and E acro element*



## FLOOR EXERCISE

**Special Requirements (0.5 each):**

1. One Acro Series w/ Two (2) Saltos OR 2 directly connected Saltos (same or diff.)
2. 3 Diff. Saltos (not Aerials) within exercise
3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - One a LEAP requiring 180° Cross/Side Split
4. Min. of B Salto -last Isolated/ in last pass

**Value Part Requirements:**

1. 4 A's -0.1 for each missing A
2. 4 B's -0.3 for each missing A
3. 1 C -0.5 for missing C

**Length Requirements:**

1. -0.1 IF over 1 minute 30 seconds

[USAG Cheat Sheet](#)

**Composition:**

Dismount up to competitive level

1. -0.1 Isolated B-Salto OR "B" + "A" (Indirect)
2. -0.05 "B" + "B" (Direct) OR "B" + "A" (Indirect)
3. -0.0 Any C-Salto Or "B" + "B" direct

Dance elements up to competitive level

1. -0.2 1 "B"
2. -0.15 2 "B"s
3. -0.1 1 "C"
4. -0.05 1 "C" + 1 "B"
5. -0.0 Minimum of 2 "C"s OR 1 "C" + 1 "D"

Salto elements up to competitive level

1. -0.2 No "C" Saltos
2. -0.15 3 Passes: 1. B, 2. C, 3. B+B (Direct)
3. -0.15 2 Passes: 1. C 2. C+A (Indirect)
4. -0.1 3 Passes: 1. C 2. B+B (Direct) 3. B+B (Direct) OR 1. C, 2. B, 3. C (any order, must be Saltos)
5. -0.1 2 Passes: 1. C 2. C+B (Indirect)
6. -0.05 3 Passes: 1. C, 2.C, 3. B+A (Direct) (any order, must be Saltos)
7. -0.05 2 Passes: 1. C, 2. C acro bonus connection (any order, must be Saltos)
8. -0.0 3 Passes: C-Salto in each pass OR C-Salto in 2 passes; B+B Direct in one pass (any order, must be Saltos)
9. -0.0 2 Passes: 2 Directly connected Saltos (one a "C") in both passes (any order, must be Saltos)

[USAG Composition Table](#)

**Bonus**

- |        |      |                               |
|--------|------|-------------------------------|
| Dance: | +0.1 | "B" + "D/E"                   |
|        | +0.1 | "C" + "C"                     |
|        | +0.1 | "D" Salto + "A" Jump          |
|        | +0.2 | "C" + "D/E"                   |
| Acro:  | +0.1 | Direct "B" + "B" OR "A" + "C" |
|        | +0.2 | Direct "B/C" + "C" (Salto)    |
|        | +0.2 | Direct "A" + "D"              |
|        | +0.1 | Indirect "A/B" + "D/E"        |
|        | +0.2 | Indirect "C" + "D/E"          |

*Extra +0.1 if 0.6 bonus and E acro element*